

## Clinic Hysteroscopy

Your doctor has offered you a Hysteroscopy in the rooms at Migynae.

### What is a Hysteroscopy?

The procedure allows clear examination of your womb, via your vagina, using a special telescope called a Hysteroscope. With a camera at its tip, this compact handheld tool with a direct visualization system, provides full colour viewing of your womb for your specialist and is an easy, safe and effective way of checking for any abnormalities.

Clinic Hysteroscopies have a number of advantages over the procedure being performed in a hospital:

- Immediate diagnostic information can be relayed on the day
- No need to wait until a surgery spot becomes available
- You will not need to take the day off work as you would if the procedure was done in a hospital setting.
- Private health insurance is not required. Only Medicare rebates are available for this procedure.
- You will be able to return to normal activities in a couple of hours

### Why do I need a hysteroscopy?

There are a number of reasons to perform a Hysteroscopy. Generally, they involve the need to directly visualise the uterine cavity and take a sample.

The most common problems we find during a Hysteroscopy are the presence of fibroids and small growths called polyps. With a Clinic Hysteroscopy, we are able to take biopsies of any growth, do endometrial sampling and remove embedded IUCDs. It is the most accurate way of examining the inside of your womb. It is also useful for finding out what is causing symptoms such as unusual bleeding, fertility problems and other gynaecological conditions.

### How do I prepare?

Take simple painkillers such as paracetamol or ibuprofen about one hour before your appointment, to minimise any pain or discomfort. Your doctor may prescribe special medication to soften the cervix. You can eat and drink normally. It is best to arrange a friend or relative to support you and drive you home. We do not recommend that you take public transport.

If you are premenopausal and have had sexual intercourse in the month before your procedure, you must use an effective form of contraception from the time of your previous period until you have the Hysteroscopy. **If there is a chance that you could be pregnant then you must tell your specialist and the procedure will need to be rescheduled.**

### What can I expect during the procedure?

You will be asked to lie on a procedure couch and to place your legs in supports at the end of the couch. The doctor will use a speculum to open up the walls of the vagina. This is the instrument used during your Pap test or Cervical Screening Test (CST). Now that the preparation has been done, your clinician will introduce the Hysteroscope into your vagina, and then gently place it into the outer opening of your cervix. At this stage, you may feel cramping in the lower part of your tummy similar to period pain.

A topical local anaesthetic is applied and all patients are offered Nitrous Oxide/Entonox.

Once the Hysteroscope is passed into the womb, a sterile fluid is inserted to gently expand the uterus and provide a better view. At this point the doctor will either simply examine your womb or perform some procedure depending on your reason for having the hysteroscopy.

The procedure takes about 30 minutes but you will need some recovery time so allow an hour. Our experienced nurse assistant will be with you all the way.

### What happens after the Hysteroscopy?

You will be required to rest in the sitting room for a short while to ensure you are confident to leave. You may have vaginal bleeding or vaginal discharge tinged with blood FOR UP TO A MONTH. If you have period-like pain, you can usually relieve this by taking simple painkillers such as paracetamol or ibuprofen.

You doctor will explain their findings as well as any treatment you may have had either at the end of the procedure or when results are available.

As there is a small risk of you developing an infection after your Hysteroscopy, we recommend that you:

- Use sanitary towels rather than tampons until the bleeding has stopped
- Do not have sexual intercourse for one week after the procedure, or until the bleeding has stopped.
- Do not go swimming or have a bath or spa while you are still bleeding

### Why Clinic Hysteroscopy may not be suitable?

Your doctor will discuss your suitability for this procedure and will take into consideration the following:

- Your pain concerns
- Any history of fainting
- High levels of anxiety
- Where the limits of a biopsy will be insufficient for a diagnosis.
- Where it is likely you will not be able to get full treatment without a General anaesthetic
- If you are experiencing the genito-urinary symptoms of menopause such as extreme vaginal dryness.
- Whether you have had a vaginal birth

Please don't hesitate to contact our office on 9500 1828 if you have further questions.